

ABSTRACT OF THE DISCLOSURE

This invention provides an alarm system and method for adjusting the wake-up signals. The system includes a means
5 for tracking the behavior of a person in a predetermined area under surveillance after the activation of an alarm clock, and a means for determining whether the person is motionless for a predetermined time period. Upon recognition that the
10 observed behavior indicates the person is still sleeping, the wake-up signals are gradually increased. At the same time, the electrical power supplied to a plurality of electronic devices may be increased to assist the person to wake up.